The Vital Necessities

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Jn. 15:5 I am the vine, ye are the branches: he that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

The absolute necessities of life are but few and simple. For physical existance we can get along very well with four- air, water, food, and sleep We give them so little thot, however, that we do not appreciate them as we should. It is said that one does not appreciate a thing until he loses it. Have you ever considered what yourplight would be if you were deprived of these simple necessities of life?

Shut off the supply of air from your lungs and at once the torture of suffocation begins. During the war in France, on account of a mustard Gas attack forty men stood close together in a sealed-up dugout, wearing gas-masks. At the end of ninety minute eyes were starting from their sockets, blood rushing from mucuus membranes and bodies were wracked with un-endurable agonies. Then with swelling glands and bursting lings men fought to keep their reason. When relief did come, those who staggared out thought they had jumped from hell into heaven. We cannot live without air.

Improper ventilation in buildings and homes gradually breaks down the physical vitality and, sooner or later, introduces sickness and disease. We cannot have our dwelling places over-ventilated.

Although we can get along without water for a longer time than we can without air, nevertheless, water is just as necessary to physical existance. You have all read of the tortures of thirst, the terrible sufferings enacted on our deserts upon those without water. A few dry seasons make us have concern over our diminishing supply of water. One of the greatest problems of our cities is the supply of water.

Not only is the supply of water important, but also the purity of our water. The periodical epidemics of typhoid which once swept over our cities not many years ago have been practicall wiped out by the purification of the water supply. How careful we are of the water we now drink! We no longer drink out of any and all streams and springs we happen to come to, as we once did. We first find out if the water is pure.

Man cannot live without water.

Altho one may survive still longer without food, the sufferings of starvation are none the less terrible. Eye witness of the ~~great~~ famine-stricken peoples of the world have pictured such scenes of suffering and agony as to make us wonder if they are really true, or but the wild imaginations of excited fancy. And yet many of us have witnessed the slow processes of starvation in the case of certain sickness. My own mother starved to death. But it is one thing to starve to death beaause your stomach cannot retain food and another because your stomach cannot find the food it craves! One witness of the famine stricken will never forget the dying agonies of a certain boy who kept crying "Bread! bread!, give me bread! I'm gungry!"Bread'".

Questions for today - Calories. Vitamines.

Only those who cannot sleep know how important sleep is to physical living. One of the most terrible tortures of the Middle Ages was to keep the prisoners from sleeping, until they became jibbering idiots!

Life without the relaxation of sleep is impossible Some require more than others. Especially do children need plenty of sleep. I think our night life is responsible for many of our ills. Dances, theatre parties, and moonlight rides for our children make pale and puny people to do the world's work and plan the world's affair Early to bed and early to rise is still the best rule for all of us to follow. Every person, young or old, should have at least eight hours sleep a day.

These four necessities to physical living are not only related to each other so far as our use of them goes, but they demand that we apply them for our use in a proper manner. They demand that we exercise ourselves until we have need of rest and recreation. Work and rest enable us to breathe the air, drink the water, digest the food and repose in sleep to the best advantage of our health and strength.

So far we have been considering the vital necessiti of all animal life. But man is more than animal. That which distingusihes man from the brute creation makes human life more complicated and ~~this~~ multiplies the necessities of man. The power oflanguage and thought, self-consciousness and the consciousness of the infinite place man in an entirely different realm from the physical-man is spiritual, he has a soul-life to live, as well as

physical. And what a complicated existance the spiritual life of man is! And yet, like the physical it has but few real vital necessities, and these few may be summed up into one outstanding necessity for the health and happiness of man's spiritual living. This brings us to our text- Jn. 15:5 I am the vine, ye are the branches: He that abideth in me and I in him the same shall bring forth much fruit: for without me ye can do nothing.

The one vital necessity without which man as a spiritual being must die is Jesus Christ! What the branch is to the vine so Christ is to his disciples. It is a vital relationship which when severed causes death. The great apostle to the Gentiles declared, "For me to live is Christ!"

According to this parable of the Vine and the Branches from which we take our text spiritual union with Christ is made possible thru four vital forces.

1. "If ye abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you". Faith! Faith.

2. "As the Father hath loved me, so have I loved you: continue ye in my love. Love!

3. "If ye keep my commandments, ye shall abide im my love." Obedience.

4. "Greater love hath no man than this, that a man lay down his life for his friends" Friendship.

By means of These four- Faith, Love, Obedience, Friendship- Christ unites the soul of man to God, causing us to live and move and have our spiritual being in Divine Love and Goodness. And by means of these four, Christ sweetens every relationship of human life. All our music, art, literature, science and philosophy are but the exercise of these four cardinal spiritual forces. By the exercise of faith, love, obedience and friendship all the longings of man are satisfied and all the needs of humanity are met. The great need of the world today is Jesus Christ. And how fruitful human life becomes when we are spiritually alive!

Lest you read about Bobbed hair

Bobbing the hair continues to be contagious. If it is still but a fad, it is a rapidly growing one. But I think that it has outgrown its faddishness and is becoming to be recognized as a sensible necessity.

We have likewise let the hair of our religious belief and fancey grow long for many generations. Consequently we have an awful job keeping it properly combed. It get full of tangles and we lose out tempers and grow cross in endless factions that but tear us asunder. Instead of spending our time solving the real problems of life and helping our fellow men according to their actual needs, we sit in the seats of our personal convictions and comb the hair of our creeds and beliefs.

I am about convinced that the time has come for us to resort to bobbing. For me to live is Christ- thru faith, thru obedience, thru love, thru friendship. Here is a bobbed- hair Christian that looks good to me. Another style of bobbed-hair Xn is this-"Thou shalt love the Lord thy God with all thy heat, with all thy strengt with all thy mind and with all thy soul, and thy neighbo as thyself."

Still another style that looks fine-Whatsoever ye would that others should do to you, do ye even so unto them

And if you want a still shorter bob, try this- Overcome evil with good.

Simple living is fundamental living. It makes for health and happiness, peace and prosperity.

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Living in X + for X is safest + best at all times

Little Boston girl "Mama, I'm not afraid to die - Jesus takes care of little children because he loves them."